

## **Ghetto Gastro “Food for The Soul” Recipe Contest Entry**

---

Recipe Name: Fancy Mangu

Recipe:

Preparation time: 50 min

Servings: 2

Ingredients :

Gnocchi

2 green plantains

3 tablespoons cream cheese

1 cup of flour

2 eggs

Salt and pepper to taste (optional)

Onion powder

Garlic powder

Parmesan cheese powder

Sauce

-½ tablespoons ketchup

-½ tablespoon of mayonnaise

Companion

-6 slices of Induveca Dominican salami

-2 slice of white cheese frying (Tropical)

-2 eggs

Utensils:

1 pot

1 Air fryer

Knife

Plate

3 bowls

Measuring spoons

## **Ghetto Gastro “Food for The Soul” Recipe Contest Entry**

---

### Instructions:

- 1-Boil the green plantain until it becomes soft.
- 2-Mash the plantain into a puree
- 3- Then add the cream cheese and eggs until you have a moist mixture.
- 4- Add flour until the mixture doesn't stick to your hands.
- 5- Heat a pot with water, but do not let it boil.
- 6- Smear hands with flour to proceed to form small cylinders with the mixture.
- 7-Then put the gnocchi in the hot water until they rise to the surface.
- 8- In a bowl put the gnocchi with a little oil, onion powder, garlic powder and Parmesan cheese to taste.
- 9- Proceed to put the seasoned gnocchi in the Airfryer, along with the salami and the cheese.
- 10- While this is frying, in a previously frozen frying pan we will put the eggs to cook.
- 11- In a small bowl, mix the ketchup and mayonnaise until you get a pink sauce.
- 12- Finally, we can proceed to plate everything.

## Ghetto Gastro “Food for The Soul” Recipe Contest Entry

---





## Ghetto Gastro "Food for The Soul" Recipe Contest Entry

---

**Recipe Name:** Spasian Wings w/ Sweet & Smoky Smashed Fries

**Recipe:**

**Ingredients:**

12 Chicken Wings  
4 tablespoons of white vinegar  
6 tablespoons of vegetable oil  
4 tablespoons of adobo with pimiento  
2 packs of sazón

**Instructions:**

In a large bowl add oil and vinegar to the wings and mix the wet ingredients all over the wings make sure they are all coated properly.

Then add all your dry ingredients and mix thoroughly all over the wings and marinate for a minimum of 1 hour.

After the wings are marinated then do not add anymore oil take 5 wings at a time and add to air fryer at 400 degrees for 30 minute and please turn every 15 minutes. Can be left for more time depending on how crispy you like them

Once the wings are at the crispiness level desired remove and toss in your homemade sweet chili glaze.

**Sweet Chili Glaze**

**Ingredients:**

1/3 cup of rice vinegar  
1/3 cup of water  
1/3 cup plus 2 tablespoons of agave  
1 tablespoon of rice wine  
1 teaspoon of dried red chili flakes  
1 teaspoon of soy sauce (less sodium)  
1 teaspoon of minced garlic  
1 teaspoon of mince ginger  
2 teaspoon of cornstarch must be diluted in 1 tablespoon of room temperature water  
2 drops of red food coloring

**Instructions:**

To make glaze combine together all the ingredients except the cornstarch in a medium sauce pot on low heat stir constantly.

When all the ingredients are well combined start adding the liquid cornstarch slowly and keep stirring until the sauce starts thickening.

## **Ghetto Gastro “Food for The Soul” Recipe Contest Entry**

---

Once the sauce is thick remove from heat and let it cool and set aside until wings are fully fried in the air fryer.

Sweet & Smokey mashed fries (inspired by Food Plus People)

6 average sized white potatoes and boil them (with skin and all) for 25 mins until soften (you can stick a fork in them) please add salt (2 teaspoon) into the water.

While the potatoes are cooking let's work on the rub.

Ingredients:

3 tablespoons of light brown sugar

2 tablespoons of dark brown sugar

1 tablespoon of salt flakes

½ tablespoon of ground pepper

2 tablespoons of paprika

1 teaspoon of crushed pepper flakes

1 teaspoon of cayenne pepper

1 teaspoon of garlic powder

1 teaspoon of onion powder

1 teaspoon of parsley flakes

Instructions:

Blend all spices together in a mixing bowl you may add or take away according to your taste and set aside. You can store the rest of the rub in a zip lock bag to keep moisture out.

After the potatoes are boil let them cool down and smashed them slightly. After the potatoes are smashed with the leftover oil from the chicken drizzle on potatoes and on 400 degrees air fry for 20 mins and after 10 shake them up in the air fryer basket to mix them up so they can cook evenly.

Once the potatoes are done add ¼ of the rub on the smash potatoes and give them a good toss so that the smashed fried potatoes are coated with the rub that was made.

## Ghetto Gastro “Food for The Soul” Recipe Contest Entry

---



## **Ghetto Gastro “Food for The Soul” Recipe Contest Entry**

---

**Recipe Name:** Lemon Garlic Salmon with a side of Lemon Garlic Asparagus and Roasted Cauliflower

**Recipe:**

1. Salmon: Remove skin off of the salmon. Wash the salmon with lemon juice and salt. Season the salmon with lemon-pepper Goya Adobo, Goya Garlic powder, Paprika, Pepper (for extra taste), Parsley Flakes. After finishing seasoning the salmon, place it on a foil and add minced garlic along with thin slices of butter and a slice of lemon. Now it is ready to cook in the toaster oven.

2. Asparagus: Wash asparagus and cut the white ends. Place asparagus in a foil and season with thin slices of butter, salt, pepper, lemon juice, and minced garlic. Now it is ready to cook in the toaster oven.

3. Smoked cauliflower: Cut off some pieces of cauliflower and wash them. Place the pieces of washed cauliflower in a bowl and season it with paprika, salt, pepper, and minimal soy sauce. Now it is ready to cook in the toaster oven.

## Ghetto Gastro “Food for The Soul” Recipe Contest Entry

---



## Ghetto Gastro “Food for The Soul” Recipe Contest Entry

---

**Recipe Name:** Plato de Desayuno Tardío

**Recipe:**

Serves 4-8 people

(½ waffle and one piece of chicken or a whole waffle and 2 pieces of chicken)

4 corn waffles

8 eggs, prepared sunny side up

½ small red onion, thinly slices (about ½ cup)

1 Avocado, quartered and fanned thinly

1 C Mango Salsa Verde

¼ C honey lime crema

8 Boneless Chicken Thighs, air fried

½ lime cut into quarters

1 T minced cilantro, for garnish

¼ C crumbled Cotija Cheese

**Corn Waffle**

Makes 4 Waffles

1 ½ C Flour

1 C Fine Ground Cornmeal

1T Baking Powder

2 T granulated sugar

¼ tsp Salt

2T Unsalted Butter, Melted

1 tsp Vanilla Extract

1 ¼ C Milk

1 C Frozen Corn Kernels, Defrosted

In a medium bowl, combine all dry ingredients well. Add the melted butter, vanilla and half of the milk. Combine. Add the rest of the milk and combine completely but do not over mix. Fold in the corn kernels and let the batter rest for 30 minutes before making waffles. Prepare in a waffle maker that has been coated with non-stick cooking spray. Pour about ¾ C per waffle into the waffle maker. Let cook until the light turns on and is golden brown, about 3 minutes.

**Salsa Verde**

Makes about 1 Cup

4 medium sized Tomatillos, roasted for 20 minutes and chopped.

1T Cilantro, minced

1 small white onion, chopped

## Ghetto Gastro “Food for The Soul” Recipe Contest Entry

---

1 jalapeno, chopped  
1T Lime Juice  
Zest of Half a Lime  
¼ tsp Black Pepper  
1 tsp salt  
2 cloves chopped garlic  
¼ tsp Chili Powder  
1 Honey Mango, small dice

In a blender or food processor, pulse the onion, garlic, jalapeno, lime juice and zest, chili powder, salt and pepper until the garlic and onion are broken down. Add the tomatillos and cilantro and pulse a few times more. We are looking for a slightly coarse texture. Taste for seasoning. Add diced mango and chill.

### Air Fried Chicken Thighs

8 boneless chicken thighs, soaked overnight in seasoned buttermilk  
Seasoned Buttermilk  
½ C buttermilk OR 1T white vinegar plus enough milk to make ½ C  
1t salt  
½ tsp black pepper  
½ tsp dried basil  
½ tsp dried oregano  
½ tsp dried parsley  
½ tsp onion powder  
½ tsp garlic powder  
½ tsp chili powder  
½ tsp paprika  
½ tsp cayenne pepper

### Flour Dredge

1 C flour  
1 tsp salt  
½ tsp pepper  
½ tsp onion powder  
½ t garlic powder  
½ tsp chili powder  
½ tsp paprika  
1 Tbsp baking powder ( this helps get the crust very crunchy)



## Ghetto Gastro "Food for The Soul" Recipe Contest Entry

---

Soak thighs in the seasoned buttermilk overnight. Take out and bring chicken to room temperature. Coat with the seasoned flour. Make sure to pack the flour onto the thighs. Heat the air fryer to 370 degrees. Coat the top of the thighs with a little cooking spray to help with the browning. Cook for about 18-22 minutes, or until the temperature of the chicken reaches 165 degrees. Serve immediately.

Honey Lime Cream

1/4 C Sour Cream

1/2 lime zested and juiced

1 T honey

Pinch of cayenne pepper

Salt and pepper to test.

Zest and juice half of the lime. Combine all ingredients in a small bowl. Taste for seasoning.

## Ghetto Gastro "Food for The Soul" Recipe Contest Entry

---



## Ghetto Gastro “Food for The Soul” Recipe Contest Entry

---

**Recipe Name:** Tostadas de Tinga Hawaiian-style

**Recipe:**

- . 10 maizteca corn tortillas
- . 1 lb of boneless and skinless chicken breasts
- . 6 large tomatoes
- . 2 onions
- . 6-8 chipotle peppers
- . 2 bay leaves
- . 2 clove of garlic
- . Salt and pepper
- . Oil (for frying)
- . Mexican crema (optional)
- . Mexican cheese (optional)
- . Shredded lettuce for topping
- . 1 pineapple

1,fill a pot with water, add half of an onion, both garlic cloves, and salt for taste, bring to a boil.

2,In 5-7 minutes add the chicken in and let boil for another 20 minutes.

3,Thinly Slice all the tomatoes and the rest of the onions and put it aside until needed, mince the chipotle peppers and put aside until needed, chop the lettuce for the toppings of your tostada.

4,See if the chicken is cooked, if so remove it from the pot into a tray to cool off. When the chicken is all cooled off shred it

5,In a large frying pan add the onions, add the tomatoes and the chipotle peppers when the onions are a nice golden-brown color.

6,Wait approximately 5 minutes until the tomatoes are puree like then add the shredded chicken and salt for taste.

7,When the tinga de pollo is cooked put aside

8,Grab your pineapple and do thin slices, In a large frying pan add a little bit of oil and 5 slices of pineapple to grab the juices of the pineapple,when the pineapples have a nice brown to them add the tinga de pollo and let cook for 3 minutes

9,After that your homemade hawaiian style tinga de pollo should be done..enjoy

## Ghetto Gastro “Food for The Soul” Recipe Contest Entry

---



## **Ghetto Gastro “Food for The Soul” Recipe Contest Entry**

---

**Recipe Name:** Paola's Farfalle a la Tomate Cream Sauce with Sautéed Chicken

**Recipe:**

Marinade for Chicken:

1 whole chicken  
1 Tomate de Arbol pureed  
2 tablespoons of ponzu  
1 teaspoon of Worcestershire  
1 teaspoon of sea salt  
1/4 cup of olive oil  
1/4 cup of butter  
1 Peruvian Chili  
2 teaspoon of coriander  
1 teaspoon of cumin  
1 onion quarter  
1/2 a bunch of cilantro

Sauce:

2 tablespoons of tomato paste  
5 garlic cloves minced  
1/4 onion minced  
1/2 cup of half and half  
1/4 cup of chicken broth  
Salt to taste  
Sea salt  
1/4 of a bunch of parsley  
1/4 cup of basil chiffonade  
Red Chili Flakes to taste(optional)  
2 tablespoons of canola oil  
2 tablespoons of butter  
1/8th of a cup of parmesan cheese  
1 lb. of farfalle

## Ghetto Gastro “Food for The Soul” Recipe Contest Entry

---

1. Combine all the ingredients in a large bowl for the marinade except the chicken, the onion, the butter, and the cilantro. Stuff the cavity of the chicken with the onion, and cilantro and take some butcher twine to tie the chicken around the wings and to tie at the drumsticks. Place the chicken in the bowl and let it marinate for 20 minutes.
2. Once the chicken has finished marinating, press sauté on your pressure cooker. Add the butter and cook the chicken on each side until golden brown for ten minutes.
3. Once seared, let the chicken cook in the pressure cooker setting for 15 to 20 minutes depending on the size of the chicken.
4. Take a pot and fill it with water and add sea salt, enough to make it salty, and bring to a boil. Cook the pasta until al dente. In the meantime, heat up a 14-inch frying pan with the two tablespoons of canola oil. Once the oil is hot, add the onions and the garlic and sauté for 8 minutes on medium-low heat. Add the chicken broth and cook until evaporated. Once evaporated, add the tomato paste and stir constantly for about 10 minutes, add the half and half and whisk to combine. Cook for 8 minutes before add the red chili flake, parsley, butter, basil, and parmesan cheese.
5. Add the al dente pasta to the sauce and let it cook for 2 minutes and serve. You can top with extra parsley and parmesan cheese. Take the chicken out and remove the twine. Let the chicken rest for 10 minutes before serving it.

## Ghetto Gastro “Food for The Soul” Recipe Contest Entry

---



## **Ghetto Gastro “Food for The Soul” Recipe Contest Entry**

---

**Recipe Name:** Toasted Rice cakes & sweet soy kimchi buttermilk chicken

**Recipe:**

Toasted Rice cake

Ingredients: rice cakes / sesame oil

**Directions:**

Put your rice cakes into a bowl and mix it with sesame oil

Place your sesame oil rice cakes into the baking sheet and place it in the oven for 350 for 5 mins longer depending how thick your rice cakes are and if your rice cake is frozen. Once it is golden brown take it out and done!

Kimchi buttermilk chicken

Ingredients: chicken / 2 cups buttermilk/ 3 cups all-purpose flour /1 tbsp. baking powder /1 tbsp. Salt /2 tsp. Red chili powder /1 tsp. black pepper/ Vegetable oil for frying and kimchi juice for brine.

First combine kimchi brine, buttermilk, red chili powder, salt, and pepper. Put the chicken in the brine/marinade of kimchi juice mutter milk brine then put it in the refrigerator for 7-12 hours, depending how much you want the brine to show. After that you would mix the frying flour, baking powder, potato starch, salt, and pepper. Throw in the chicken to the flour mixture and make sure it is fully coated. Once that is done fry the chicken at 150 for breast and 165 for legs once done on the cooling rack.

Sauce: for soy sauce and sweet and spicy glaze

Soy sauce ingredients: soy sauce/ sugar and/or corn syrup/ honey and olive oil/ and garlic

Combine all the ingredients together and cook the soy sauce glaze! Once done, decorate the plate and make it look appetizing.

## Ghetto Gastro “Food for The Soul” Recipe Contest Entry

---

